



Approved by:



Help

2 WALL - 64 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 Note 1 - 2 3 - 4 5 - 8	Modified Monterey 1/4 Turn, Coaster Step The dance starts facing the left side wall (9:00) Point right to right side. Make 1/4 turn right stepping right beside left. (12:00) Touch left forward. Hold. Step left back. Step right beside. Step left forward. Hold.	Point Turn Touch Hold Coaster Step Hold	Turning right On the spot
Section 2 1 - 4 5 - 8	Stroll Forward, Right Mambo Forward Step right forward. Hold. Step left forward. Hold. Rock forward on right. Rock back on left. Step right back. Hold.	Right Hold Left Hold Mambo Step Hold	Forward On the spot
Section 3 1 - 4 5 - 8	Back Lock Step, Triple 3/4 Step left back. Lock right across left. Step left back. Hold. Triple step 3/4 turn right, stepping - right, left, right. Hold. (9:00)	Back Lock Back Hold Triple Turn Hold	Back Turning right
Section 4 1 - 2 3 - 4 5 - 8	Step Out x 2, Hip Bumps Step left forward slightly to left diagonal. Hold. Step right forward slightly to right diagonal. Hold. Bump hips - left, right, left. Hold.	Out Hold Out Hold Hip Bumps Hold	Forward On the spot
Section 5 1 - 2 3 - 4 5 - 8	Sailor 1/4 Turn, Forward Lock Step Cross right behind left. Make 1/4 turn right stepping left to left. Step right beside left. Hold. (12:00) Step left forward. Lock right behind left. Step left forward. Hold.	Behind Turn Together Hold Left Lock Left Hold	Turning right On the spot Forward
Section 6 1 - 4 5 - 8	Charleston Touch right forward. Hold. Step right back. Hold. Touch left back. Hold. Step left forward. Hold.	Touch Back Touch Forward	On the spot
Section 7 1 - 4 5 - 6 7 - 8	Step, Pivot 1/2, Step, 1/2 Turn, 1/4 Turn, Cross Step right forward. Pivot 1/2 turn left. Step right forward. Hold. (6:00) Make 1/2 turn right stepping left back. Make 1/4 turn right stepping right to side. Cross left over right. Hold. (3:00)	Step Pivot Step Half Quarter Cross Hold	Turning left Turning right Right
Section 8 1 - 2 3 - 4 5 - 6 7 - 8	Rumba Box Step right to right side. Step left beside right. Step right forward. Hold. Step left to left side. Step right beside left. Step left back. Hold.	Side Together Forward Hold Side Together Back Hold	Right Forward Left Back
Ending 1 - 2 3 - 4	Wall 7: Dance first 3 counts, bend knees on count 4 as music fades Point right out to right side. Make 1/4 turn right stepping right beside left. Point left forward. Bend both knees into a sitting position. (12:00)	Point Turn Point Sit	Turning right On the spot

Choreographed by:
Choreographed to:

Gary Lafferty (UK) October 2009
 'Help!' by The Bornagen Beatles (196 bpm)
 from CD The Bornagen Beatles Play The Beatles Greatest Hits;
 also available as download from iTunes (32 count intro)

Music Suggestion:

Choreographer's Notes:

Suggested floor splits:

'Help' by The Beatles (original version)
 Please remember that the dance starts facing the left side wall (9:00)
 Ribbon of Highway, Cowboy Charleston, Mojo Rhythm